

ACTIVITY 2: Time Log

Objective: Students will recognize how much time of the day they spend indoors by recording the estimated indoor-hours into a time log provided by the teacher.

Duration: 1 class period for activity explanation; can be completed as homework with the help of the students' parents. The time log can be a daily or weekly activity.

Materials:

- ☐ Copies of the daily or weekly time log worksheet (which is included with the activity)
- ☐ 2 Large pieces of poster board
- ☐ Markers

Vocabulary:

- ☐ Time
- ☐ Indoor environment

Focus Questions:

- ☐ How much time do you think you spend indoors each day?
- ☐ Do you spend more time indoors during the summer or winter?
- ☐ Where do you spend most of your time indoors?

Activity Procedure:

1. Ask students to estimate how much time they spend indoors. Record the estimated times on a poster board.
2. Help students think about all the indoor environments they encounter during the day.
3. Ask a few students to volunteer to tell the places they are inside during the day and how long they are in those places.

For Grades K-1:

4. Make copies of the Time Log Worksheet. Hand out sheets to the students. You can decide to make the worksheet a daily or weekly record.

5. Explain to the class that they are going to be detectives trying to figure out a mystery. Tell the students the mystery is to find out how much time they each spend indoors.
6. Explain to the students that they must fill out the worksheet at the end of each day, including the amount of time indoors when sleeping. On each line of the Time Log have the students mark the time that they are inside and where they were. For the times they spend outside, leave the line(s) blank.
7. Encourage the students to use the help of their parents to estimate the amount of time spend indoors. It does not need to be exact times; it can be estimates of how many hours are spent indoors.
8. The next day or at the end of the week (depending on what type of log you can chosen) have the students hand in their time logs. Calculate the log or have the parents calculate it at home.
9. Make a chart showing how many hours on average the students spend indoors by using different colored markers to show each student's time.
10. Calculate the class average by total of students' time indoors/number of students.
11. Compare the average with the estimated times in front of the class.

Follow-up Questions:

- ☐ Ask the students if the amount of time they thought they spent indoors was about the same amount of time as they actually did?
- ☐ Ask the students where they spend most of their indoor time, at school, home, etc.

For Grades 2-3:

For Grades 2-3, use a variation of this activity.

1. Ask students to estimate how much time they spend indoors during a day or for a week.
2. Administer the activity time log worksheet to the students. Instead of having the students write down the hours spent indoors, have the students actually record the entry and exit time of an indoor environment.
3. The students should have exact times to follow & should try to calculate their own hours spent indoors. Instruct students to ask their parents to help them get exact hour & minute data.
4. After the students have calculated their numbers, ask each student to come up

and write their total indoor hours on a poster board. Compare estimates with actual totals and calculate the average for the class.

Follow-up Questions:

- ☐ Ask students if their estimated times were close to the actual time they spent indoors.
- ☐ Ask the students where they spend the most time indoors.
- ☐ What was the longest amount of time spent indoors during a day?
- ☐ Where did it take place?